# Lincoln Golden Ages Newsletter

## Begin to Live at 55

2015 A month of Harvest

**Sponsored By:**
**The Lincoln Board of Education**
**Lincoln Golden Ages Senior Program**
**8970 Whittaker Rd. Ypsilanti, MI 48197**
**Established in 1984**
**Office Phone: (734) 483-8366**

# LINCOLN GOLDEN AGES: August: A Month of Harvest

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**Lincoln Golden Ages**
**2015 Advisory Board**

| | |
|---|---|
| **Intern Coordinator:** | |
| Chairperson: | Helen Nafranowicz |
| Co-Chairperson: | Peggy Hogan |
| Treasurer: | Anne Straub |
| Secretary: | Gail Wilson |
| Trustee: | Bobbie Harbour |
| Senior Planner: | Donna Madvek |
| Newsletter Editor: | Chelsea Schmitt |
| **Alternative Board Members:** | Linda Katchmeric, Barbara Haley, Mary Domas |
| **Committees** | |
| Sunshine: | Laverne Kailimai |
| Parties: | Ann Hogan |
| Day Trips: | Linda Katchmeric and Mary Domas |
| Extended Trips: | |
| Volunteer Van Drivers: | Mike Renaud, Jack Lauderman, John McGehee, and Bonnie Bannon |

## Mission Statement

The Lincoln Senior Citizen Program was established to service senior adults 55 and older who reside in this community and area. We are committed to assisting all senior citizens in their needs: with referrals, education, health information, recreational activities, hot meals, and most of all a warm atmosphere of belonging.

We ask that you make lunch reservations two days in advance; call 734-483-8366 or stop by the office with your request.

**LINCOLN GOLDEN AGES MINUTES – Advisory Board Meeting**
*July 13, 2015*

The Chairperson welcomed all members and asked the Secretary to do the roll call.

**Present:** Chairperson: Helen Nafranowicz; Co-Chair: Peggy Hogan; Treasurer: Ann Straub; Secretary: Gail Wilson; and Senior Planner: Donna Madvek.

**Committee Members Present:** Day Trips: Linda Katchmeric; Party: Ann Hogan; Sunshine: Laverne Kailimai.

**Committee Members Absent:** Barbara Haley

The Chairperson asked if the June minutes had been read and if corrections were needed. Edna Smith made a motion to approve the minutes and Mary Domas seconded it.

**TREASURER'S REPORT:**
Ann Straub submitted a report reflecting expenses throughout the month of June, 2015 which included supplies, donations, and membership dues. A. Straub provided us with a reconciliation of May and June activities. H. Nafranowicz informed us that the July auditor will be here to check the books. Her name is Cathy Secor and there is a fee for this report. If you know of anyone else that is capable of doing this type of audit please let D. Madvek know. A motion was made by Linda Katchmeric to accept the report. Peggy Hogan seconded it.

**CORRESPONDENCE:**
None received.

**COMMITTEE REPORTS:**

**Sunshine**: Laverne Kailimai reported that feel better cards were sent to Dorothy Johnson, Bonnie Hogan, Marie Washington, Laurie Price, and David McMahon. A welcome to your new home card was also sent to Ray Schrock.

**Party:** Ann Hogan reported the next party will be a welcome back to school in September. More information to follow.

**Day Trips:** Linda Katchmeric reported that everyone had a good time at the Tiger's game even though they lost. The next Tiger's game trip is scheduled for August 27th. Please check list for availability. The Meijer Gardens, Gerald Ford Museum trip scheduled for July 23 and 24th still has openings. A trip to Birch Run and then to the Soaring Eagle Casino for the night is planned for August 12th and 13th. The cost is $90 per person. There are still seats available. The trip to Elk Rapids for August 30, 31, and September 1st is still available. Please check signup sheet. A trip to Kerrytown is planned for August 22nd. A signup sheet to follow.

**SENIOR PLANNER/ADMINISTRATOR:**

Donna Madvek informed us that the Milan Newspaper wants us to put an article in the newspaper about what we do here. The Communicator brochure wanted information on future events. It was decided that the Holiday fundraiser will be a week before Thanksgiving on November 19th & 20th from 7:30 a.m. to 5:00 p.m.

Peggy Hogan has volunteered to take over sending reminder notices of birthdays to our members.

Edna Smith and Donna Madvek will be visiting absentee members and recruiting on August 4th.

D. Madvek reminded us that the monthly trips are great but we need to stay within a radius of 15 miles of the center so we don't have to charge more mileage money. It is presently $5.00 per person. If Bonnie Bannon takes her car, we have to cover the cost. Further discussions to follow.

It was suggested that we combine another Bingo game with birthday Tuesday and move it to the last Friday of the month. Mary Domas suggested that our seniors could donate gifts to be used as prizes. If you have any items, please contact D. Madvek.

D. Madvek asked for volunteers to form a committee regarding the day trip policies. They will meet after the Board meeting.

**OLD BUSINESS:**

H. Nafranowicz informed us that the newspaper still had too much "fluff" in it. Our current editor Chelsea will be reducing her hours spent on the newsletter due to a full time job. We will be doing most of the newsletter in house. Any information you want included, please contact D. Madvek.

**NEW BUSINESS:**

We were informed by H. Nafranowicz that the center is open on Monday only if we need to come in. The Sewnuts group is presently using it for their class. No other activities will be allowed. A sign will be posted outside the building.

The chairperson asked all members present if there were any complaints, concerns, or other suggestions before we close this meeting. Since none were stated, a motion was made by Peggy Hogan to adjourn and seconded by L. Kailimai.

The next Advisory Board Meeting is scheduled for: **August 11, 2015 at 10:00 a.m.**

Sincerely,

Gail A. Wilson

# Lincoln Golden Ages
# Senior Birthdays
# August 2015

| | | | |
|---|---|---|---|
| Ruth Ann Florian | Aug 1 | Lois Long | Aug 4 |
| Sherry L. Monhollen | Aug 5 | Linda Francis | Aug 6 |
| Geraldine Brooks | Aug 6 | Iva Jo Bielec | Aug 7 |
| Barbara Brabant | Aug 7 | Dale R. Bellers | Aug 8 |
| Lillian Lawrance | Aug 10 | Jim Opfermann | Aug 12 |
| Irene Blackmon | Aug 13 | Lois Johnson | Aug 16 |
| Lynda Dew | Aug 17 | Mary Ann Sweet | Aug 23 |
| Margaret Kelly | Aug 25 | Judy Thornton | Aug 25 |
| Linda Leonard | Aug 27 | Betty Gott | Aug 28 |
| Rosemary Chielewski | Aug 29 | | |

May the sun shine bright
on your special day and you be lifted
by the love that surrounds you!

**Dear Members,**

In order to generate more participation with our Lincoln Golden Agers, we are adding and adjusting our monthly member events for the remaining 2015 activity calendar.

These free casual and fun events will consist of a light lunch followed by an enjoyable activity. We are changing our last Tuesday of the month birthday to a party event for all of our members. Our first party event will be a "Birthday Bingo" themed party on **Friday, August 28, 2015**. These member parties are an encouraging way to increase socialization in the Lincoln Senior Center.

## Birthday Bingo Party

**When:** Friday – August 28th

**What:** 12:00 lunch followed by birthday cake & bingo

**Who:** All members are invited

Please RSVP by calling 734-483-8366 or sign up at the center!

# UPCOMING EVENTS

The Lincoln Golden Ages

8970 Whittaker Rd
Ypsilanti, MI
48197

(734)483 - 8366

# AUGUST 2015 EVENTS

## Recruiting
August 4th 10:00am to 2:00pm

**Description:** Donna and Edna will be out in the community recruiting new membership and visiting absentee members. If you hear a knock at your door it might be us checking on you!

## Birthday Celebrations
August 28th at 12:00pm

**Description:** The center will be celebrating the members whose birthdays fall in August. Come to the center for cake, BINGO, and fun!

## Turkeyville Performance
August 7th

**Description:** The Lincoln Golden Ages will be attending a matinee musical comedy performance about the Hatfield's and the McCoy's.

## Birch Run and Soaring Eagle Overnight Trip
August 12th – 13th

**Description:** A group of seniors will be traveling to Birch Run for shopping and Soaring Eagle for fun! More information coming soon!

## Visually Impaired Presentation
August 14th at 10:30am

**Description:** A representative will be coming into the center for a brief presentation, product demonstration, and questions and answer.

## Up North Getaway at Elaine's Cabin
August 30th – September 2nd

Spend a weekend up north, relaxing and sight-seeing!

## Kerrytown Shopping Ann Arbor's Historic Market District
Saturday August 22nd at 9 am

Just a few blocks from the heart of downtown Ann Arbor is an extraordinary neighborhood with one-of-a kind stores and the charm of an earlier time. Kerrytown is a unique collection of shops in the area.

## U of M Geriatric Center Presentation
September 9th at 10:30 am

Silver Club Memory Programs is a part of the U of M Geriatric Center and provides innovative programs for individuals with mild to moderate memory loss.

## Detroit Parade Company Tour
September 18th

An enjoyable behind the scenes walking tour around the Parade Company warehouse.

# Vegetable Gardens

Many of our members have planted, maintained, and harvested their vegetable gardens throughout the years. This season is no exception. Some of our gardeners are beginning to harvest early crops such as rhubarb, green beans, and snap peas. We have always been told to eat our vegetables because they are good for us; below are some health benefits of some of the popular vegetables grown in our garden.

## Health Benefits of Rhubarb

- Rhubarb is one of the least caloric vegetables. 100g fresh petioles carry just 21 calories.
- The stalks are rich in several B-complex vitamins such as folates, riboflavin, niacin, vitamin B-6 (pyridoxine), thiamin, and pantothenic acid.
- Red color stalks carry more vitamin-A than in the green varieties.

## Health Benefits of Green Beans

- Fresh green beans are very low in calories and contain no saturated fat.

These lean pod vegetables are a very good source of vitamins, minerals, and plant derived micronutrients.

- The beans are a very rich source of dietary fiber.
- Beans contain healthy amounts of minerals like iron, calcium, magnesium, manganese, and potassium, which are very essential for body metabolism. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

## Health Benefits of Sugar Snap Peas

- Fresh pods carry 150% more amounts of vitamin C than in garden peas. Vitamin C is a powerful natural water-soluble anti-oxidant. Vegetables rich in this vitamin help the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.
- Sugar pea pods have more vitamin K than that in shelled peas.
- Fresh green peas also contain adequate amounts of antioxidants and Vitamin A an essential nutrient, which is required for maintaining healthy skin and is also essential for healthy eye sight.

# CRAFTY GOLDEN GIRLS

Did you know that for years our crochet and knitting group has created beautiful items for many worthy causes including our spring and fall fundraisers, donations to hospitals, and assisting the veteran's hospital. The group's contribution to the community this time will be twin size bed toppers for the children at Motts Children's Hospital in Ann Arbor. The covers that the members are working on will be smooth, soft, and comfortable toppers with bright material and yarn. This group is always ready to volunteer their talents for a charitable project.

This class/social group meets every Tuesday in the Lincoln Senior Center at Brick Elementary from 12:30 p.m. until 2:00 p.m. Everyone is welcome! Instructors are available to assist you in your project. Lincoln Golden Ages members enjoy this time together.

*Please call with any questions: 734-483-8366!*

Some of the group's members are pictured below working on their projects.

# SOUTHWESTERN STEAK SALAD

## INGREDIENTS

- 1 pound flank steak, trimmed
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 6 tablespoons reduced-fat sour cream
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons white vinegar
- 1-2 tablespoons minced chipotle peppers in adobo sauce (see Tip)
- 6 cups sliced romaine lettuce
- 1 1/2 cups corn kernels, fresh or frozen
- 1 firm ripe avocado, diced
- 2 medium tomatoes, cut into wedges
- 1/2 cup shredded Mexican cheese blend

## PREPARATION

1. Position oven rack about 3 inches from heat source; preheat broiler to high. Coat a broiler-safe pan with cooking spray.
2. Sprinkle steak with cumin, 1/2 teaspoon salt and pepper. Place on the prepared pan and broil, turning once, until an instant-read thermometer inserted in the thickest part registers 125°-130°F for medium-rare, 3 to 6 minutes per side. Let rest for 5 minutes. Thinly slice across the grain, then chop into bite-size pieces.
3. Meanwhile, whisk sour cream, oil, vinegar, chipotles to taste and the remaining 1/4 teaspoon salt in a large bowl. Transfer 4 tablespoons of the dressing to a small bowl. Add romaine, corn and avocado to the large bowl; toss to coat. Divide the salad and tomato wedges among 4 plates. Top each with cheese, the chopped steak and 1 tablespoon of the reserved dressing.

**Makes: 4 servings!**

**456 Calories; 28g Fat; 20 Carbs**

**Nutrition Bonus:**
**Vitamin A (140% daily value), Folate (47% dv), Zinc (39% dv), Vitamin C (33% dv), Potassium (32% dv), Vitamin B12 (24% dv), Magnesium (21% dv), Calcium & Iron (19% dv)**

**Only takes 20 minutes!**

**Try this recipe today and let us know what you think.**

**LINCOLN GOLDEN AGES**

Recipe from eating well July/August 2014

*http://www.eatingwell.com/recipes/southwestern_steak_salad.html*

# FreeDailyCrosswords.com

Tuesday, April 1, 2014

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Edited by Timothy Parker

## ACROSS

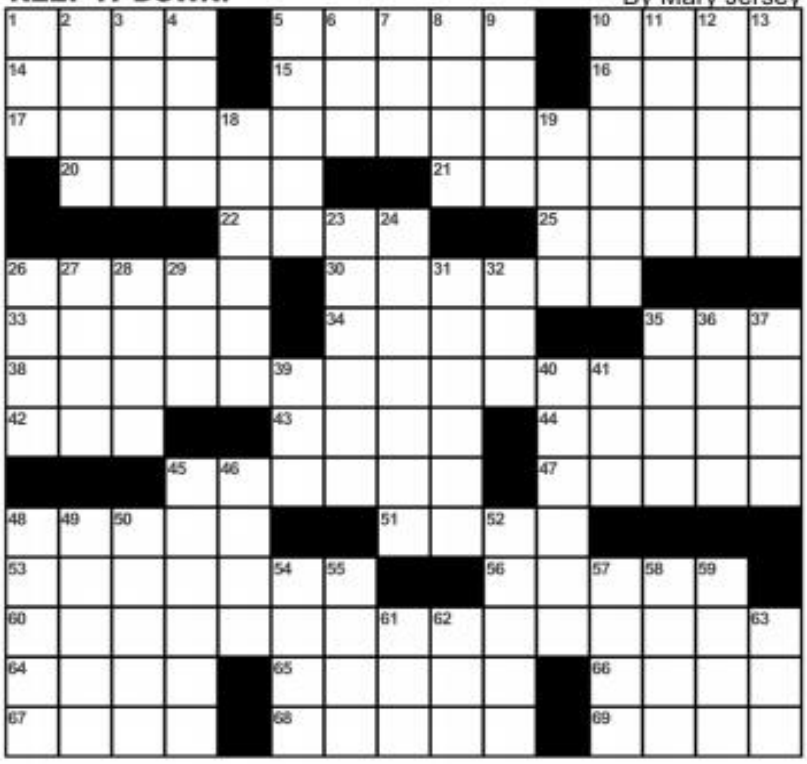
1) Hairstyle
5) Southwest party snack
10) Where peat is found
14) Issued a command
15) Attentive to possible danger
16) Geometrical calculation
17) Hampering the progress of
20) Half of the forearm bones
21) Beached
22) Proofer's retraction
25) Solitary sort
26) Humble requests
30) Throws easily
33) Aerie inhabitant
34) Kachina doll carver
35) Grandpa Simpson
38) Longest parts of the alimentary canal
42) Just a ___ (slightly)
43) Get one's dander up
44) Like Pisa's famed tower
45) Prepared for a shock
47) Electrical units
48) Composer Erik
51) Bottom of a shoe
53) Japanese art of paper folding
56) Hold forth
60) Good trivia entry
64) Scandinavian capital
65) Not even a mouse
66) Harbinger of tooth trouble
67) Flow slowly
68) Hypnotized or anesthetized
69) Quarter-acre of land

## DOWN

1) Truckers' radios
2) Home to Honolulu
3) Object of worship
4) Flowerless, seedless plant
5) "Be silent," in music
6) Boxing legend
7) ___ capita
8) With the bow, to violinists
9) Phaser setting
10) From the sublime to the ridiculous
11) Hunter killed by a scorpion
12) Science fiction, for one
13) More wise
18) Grad's memento
19) Robinson Crusoe's home
23) Pertaining to a certain culture
24) Plays the piccolo, say
26) Aphid, to a gardener
27) Mantra chanter
28) Old-fashioned exclamation
29) ___ in a day's work
31) Big name in little suits
32) Bro's kin
35) Blue shade
36) Mixed martial arts prize
37) Superlative endings
39) Nest egg abbr.
40) Where pints are poured
41) Midori of figure skating
45) Ringmaster's place
46) Genuine
48) One-man flights
49) Leave the bed
50) Champion's claim
52) Dim, as lights
54) Diner options
55) Sacred image (Var.)
57) Winston Churchill's "___ Country"
58) Fast food choice
59) Reflection of a kind
61) Affirmative action
62) A third of 111?
63) Actor Danson

**KEEP IT DOWN!**

By Mary Jersey



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**KEEP IT DOWN!**

By Mary Jersey

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 C | 2 O | 3 I | 4 F | ■ | 5 T | 6 A | 7 P | 8 A | 9 S | ■ | 10 B | 11 O | 12 G | 13 S |
| 14 B | A | D | E | ■ | 15 A | L | E | R | T | ■ | 16 A | R | E | A |
| 17 S | H | O | R | 18 T | C | I | R | C | U | 19 I | T | I | N | G |
| ■ | 20 U | L | N | A | E | ■ | ■ | 21 O | N | S | H | O | R | E |
| ■ | ■ | ■ | ■ | 22 S | T | 23 E | 24 T | ■ | ■ | 25 L | O | N | E | R |
| 26 P | 27 L | 28 E | 29 A | S | ■ | 30 T | O | 31 S | 32 S | E | S | ■ | ■ | ■ |
| 33 E | A | G | L | E | ■ | 34 H | O | P | I | ■ | ■ | 35 A | 36 B | 37 E |
| 38 S | M | A | L | L | 39 I | N | T | E | S | 40 T | 41 I | N | E | S |
| 42 T | A | D | ■ | ■ | 43 R | I | L | E | ■ | 44 A | T | I | L | T |
| ■ | ■ | ■ | 45 B | 46 R | A | C | E | D | ■ | 47 V | O | L | T | S |
| 48 S | 49 A | 50 T | I | E | ■ | ■ | 51 S | O | 52 L | E | ■ | ■ | ■ | ■ |
| 53 O | R | I | G | A | 54 M | 55 I | ■ | ■ | 56 O | R | 57 A | 58 T | 59 E | ■ |
| 60 L | I | T | T | L | E | K | 61 N | 62 O | W | N | F | A | C | 63 T |
| 64 O | S | L | O | ■ | 65 N | O | O | N | E | ■ | 66 A | C | H | E |
| 67 S | E | E | P | ■ | 68 U | N | D | E | R | ■ | 69 R | O | O | D |

# Lincoln Golden Ages --- Calendar of Event

**Card Playing daily after 1:00 pm** **August 2015** **Every Monday the Sewing group meets from 10:00am – 3:00pm**

| Tues | Wed | Thurs | Fri |
|---|---|---|---|
| 4<br><br>9:00: Walking Club<br>10:00: Edna and Donna community recruiting<br>12:30: Crochet and Knitting | 5<br><br>9:00: Chair Yoga<br>12:30: Bingo | 6<br><br>9:45: Wellness Group<br>10:30: Katie's Massage<br>10:45: Wise and Fit: Zumba | 7<br><br>9:00: Walking Club<br>(inside Brick Gym)<br>1:00: Wii Bowling<br>**Turkeyville – Leaving at 10:00am** |
| 11<br><br>9:00: Walking Club<br>10:00: Advisory Board Mtg.<br>11:00: Healthy Brain Trivia<br>12:30: Crochet and Knitting | 12<br><br>NO YOGA<br>**Mt. Pleasant Trip** | 13<br>9:45: Wellness Group<br>10:30: Katie's Massage<br>10:45: Wise and Fit: Zumba | 14<br><br>9:00: Walking Club<br>(Brick Gym)<br>10:30: BSBP Presentation<br>12:30: Art and Design |
| 18<br><br>9:00: Walking Club<br>12:30: Crochet and Knitting<br>12:45: Wii Sports | 19<br><br>NO YOGA<br><br>11:00: Healthy Brain Trivia<br>12:30: Bingo | 20<br><br>9:45: Wellness Group<br>10:00: Massage<br>10:45: Wise and Fit: Zumba | 21<br><br>9:00: Walking Club<br>(Brick Gym)<br>11:00: Wii Sports – Tennis |
| 25<br><br>9:00: Walking Club<br>11:00: Healthy Brain Trivia<br>12:30: Crochet and Knitting | 26<br><br>9:00: Chair Yoga<br>12:30: Bingo | 27<br><br>9:45: Wellness Group<br>10:45: Wise and Fit: Zumba<br>**Tiger's Baseball Game Leaving at 10:30am** | 28<br><br>9:00: Walking Club<br>(Brick Gym)<br>12:00: Birthday Bingo Party<br>Lunch, b-day cake, bingo |

**Saturday August 22: Ann Arbor's historic Kerrytown Members will shop. Group leaving center at 9:00am.**

# Washtenaw County
# August 2015

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---|---|---|---|---|---|---|---|---|---|
| ***3*** | | ***4*** | | ***5*** | | ***6*** | | ***7*** | |
| Macaroni and Cheese | 1 cup | Chicken A La King | 1 cup | Sloppy Joe | 1/2 cup | Honey Mustard Chicken Breast | 1 piece | Meatloaf | 1 each |
| Okra and Tomatoes | 1/2 cup | Sliced Carrots | 1/2 cup | Potato Wedges | 1/2 cup | Country Corn | 1/2 cup | Brown Gravy | 1 oz |
| Green Peas | 1/2 cup | Green Beans | 1/2 cup | Peas and Carrots | 1/2 cup | Spinach | 1/2 cup | Whipped Potatoes | 1/2 cup |
| Potato Roll | 1 each | Biscuit | 1 each | Hamburger Bun | 1 each | Wheat Bread | 1 slice | Broccoli and Cauliflower | 1/2 cup |
| Fresh Fruit | 1 each | Pineapple Tidbits | 1/2 cup | Fresh Banana | 1 each | Peaches | 1/2 cup | Wheat Bread | 1 slice |
| Milk | 1 each | Milk | 1 each | Milk | 1 each | Milk | 1 each | Fresh Fruit | 1 each |
| Margarine | 1 each | Margarine | 1 each | Margarine | 1 each | Margarine | 1 each | Milk | 1 each |
| *6 carbohydrates* | | *5 carbohydrates* | | *5 carbohydrates* | | *4 carbohydrates* | | Margarine | 1 each |
| | | | | | | | | *4 carbohydrates* | |
| ***10*** | | ***11*** | | ***12*** | | ***13*** | | ***14*** | |
| Potato Crusted Fish | 1 each | BBQ Rib Patty | 1 each | Mushroom Chicken Breast | 1 piece | Glazed Ham | 3 oz | BBQ Chicken Thigh | 1 piece |
| Potato Wedges | 1/2 cup | Mixed Beans | 1/2 cup | Whipped Potatoes | 1/2 cup | German Potato Salad | 1/2 cup | Baked Beans | 1/2 cup |
| Coleslaw | 1/2 cup | Glazed Carrots | 1/2 cup | Green Peas | 1/2 cup | Green Beans | 1/2 cup | Turnip Greens | 1/2 cup |
| Wheat Roll | 1 each | Hamburger Bun | 1 each | Potato Roll | 1 each | Wheat Roll | 1 each | Cornbread | 1 piece |
| Peaches | 1/2 cup | Fresh Fruit | 1 each | Brownie and Ice Cream(C) | 1 piece | Fresh Banana | 1 each | Pineapple Tidbits | 1/2 cup |
| Milk | 1 each | Milk | 1 each | Lorna Doone Cookies (HDM) | 1 each | Milk | 1 each | Milk | 1 each |
| Margarine | 1 each | Margarine | 1 each | Orange Juice | 1 each | Margarine | 1 each | Margarine | 1 each |
| Tartar Sauce | 1 each | *5 carbohydrates* | | Milk | 1 each | *4 carbohydrates* | | *4 carbohydrates* | |
| *4 carbohydrates* | | | | Margarine | 1 each | | | | |
| | | | | *5 carbohydrates* | | | | | |
| ***17*** | | ***18*** | | ***19*** | | ***20*** | | ***21*** | |
| Swiss Steak | 1 each | Smoked Sausage | 1 each | Krab Pasta Salad | 3/4 cup | Baked Chicken Breast | 1 each | Pork with Supreme Sauce | 3 oz |
| Whipped Potatoes | 1/2 cup | Sauerkraut | 1/2 cup | Three Bean Salad | 1/2 cup | Tarragon Cream Sauce | 1 oz | Country Potatoes | 1/2 cup |
| Spinach | 1/2 cup | Potato Wedges | 1/2 cup | Tossed Salad | 1/2 cup | Delmonico Potatoes | 1/2 cup | Broccoli | 1/2 cup |
| Cornbread | 1 piece | Hot Dog Bun | 1 each | Saltine Crackers | 2 packs | Spring Mixed Vegetables | 1/2 cup | Wheat Bread | 1 slice |
| Sliced Pears | 1/2 cup | Peaches | 1/2 cup | Fresh Fruit | 1 each | Wheat Bread | 1 slice | Fresh Fruit | 1 each |
| Milk | 1 each | Milk | 1 each | Milk | 1 each | Applesauce | 1/2 cup | Milk | 1 each |
| Margarine | 1 each | Mustard | 1 each | Salad Dressing | 1 each | Milk | 1 each | Margarine | 1 each |
| *4 carbohydrates* | | *5 carbohydrates* | | *5 carbohydrates* | | Margarine | 1 each | *4 carbohydrates* | |
| | | | | | | *4 carbohydrates* | | | |
| ***24*** | | ***25*** | | ***26*** | | ***27*** | | ***28*** | |
| Vegetable Lasagna | 1 cup | Taco Meat | 4 oz | Garlic Rosemary Chicken Breast | 1 piece | Sliced Turkey Breast | 3 oz | Creole Chicken Thigh | 1 each |
| Green Beans | 1/2 cup | Shredded Cheese | 1/2 oz | Scalloped Potatoes | 1/2 cup | Turkey Gravy | 1 oz | Brown Rice | 1/2 cup |
| Sliced Carrots | 1/2 cup | Pinto Beans | 1/2 cup | Capri Mixed Vegetables | 1/2 cup | Whipped Potatoes | 1/2 cup | Spinach | 1/2 cup |
| Wheat Roll | 1 each | Lettuce and Tomato (C) | 1/2 cup | Texas Bread | 1 slice | Green Peas | 1/2 cup | Cornbread | 1 piece |
| Fresh Fruit | 1 each | Flour Tortilla | 1 each | Fresh Fruit | 1 each | Wheat Bread | 1 slice | Pineapple Tidbits | 1/2 cup |
| Milk | 1 each | Apple Juice | 1 each | Milk | 1 each | Fresh Orange | 1 each | Milk | 1 each |
| Margarine | 1 each | Milk | 1 each | Margarine | 1 each | Milk | 1 each | Margarine | 1 each |
| *6 carbohydrates* | | Taco Sauce | 1 each | *4 carbohydrates* | | Margarine | 1 each | *4 carbohydrates* | |
| | | *5 carbohydrates* | | | | *5 carbohydrates* | | | |
| ***31*** | | | | | | | | | |
| Hamburger Patty | 1 each | | | | | | | | |
| Lettuce / Tomato (C) | 1/4 cup | | | | | | | | |
| Potato Wedges | 1/2 cup | | | | | | | | |
| Mixed Vegetables | 1/2 cup | | | | | | | | |
| Hamburger Bun | 1 each | | | | | | | | |
| Orange Juice | 1 each | | | | | | | | |
| Milk | 1 each | | | | | | | | |
| Mustard/Ketchup | 1 each | | | | | | | | |
| *5 carbohydrates* | | | | | | | | | |